

### AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 📍📝 Newcomer Meetings By Appt	<b>4</b> 📍📝 Strength in Sisterhood 6:00P 📍📝 Open Art Studio 6:00P	<b>5</b> 📍📝 Patient Support 9:00A Group	<b>6</b> 📍📝 Men's Group 6:30P	<b>7</b> 📍📝 Individual Counseling By Appt
<b>10</b> 📍📝 Newcomer Meeting By Appt	<b>11</b> 📍📝 Strength in Sisterhood 6:00P 📍📝 Open Art Studio 6:00P	<b>12</b> 📍📝 Living with Loss 6:30P 📍📝 Prostate Group 6:30P	<b>13</b> 📍📝 Men's Group 6:30P 📍📝 Women's Group 6:30P	<b>14</b> 📍📝 Individual Counseling By Appt
<b>17</b> 📍📝 Newcomer Meetings By Appt	<b>18</b> 📍📝 Strength in Sisterhood 6:00P 📍📝 Open Art Studio 6:00P	<b>19</b> 📍📝 Patient Support 9:00A Group	<b>20</b> 📍📝 Men's Group 6:30P	<b>21</b> 📍📝 Individual Counseling By Appt
<b>24</b> 📍📝 Cooking for Wellness 5:30P 📍📝 Newcomer Meetings By Appt	<b>25</b> 📍📝 Strength in Sisterhood 6:00P 📍📝 Open Art Studio 6:00P	<b>26</b> 📍📝 Living with Loss 6:30P 📍📝 Prostate Group 6:30P	<b>27</b> 📍📝 Men's Group 6:30P	<b>28</b> 📍📝 Individual Counseling By Appt
<b>31</b> 📍📝 Newcomer Meetings By Appt		<b>30</b>		

### SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 📍📝 Strength in Sisterhood 6:00P 📍📝 Open Art Studio 6:00P	<b>2</b> 📍📝 Patient Support 9:00A Group	<b>3</b> 📍📝 Men's Group 6:30P	<b>4</b> 📍📝 Individual Counseling By Appt
<b>7</b> <b>LABOR DAY NO PROGRAMMING</b>	<b>8</b> 📍📝 Strength in Sisterhood 6:00P 📍📝 Open Art Studio 6:00P	<b>9</b> 📍📝 Living with Loss 6:30P 📍📝 Prostate Group 6:30P	<b>10</b> 📍📝 Men's Group 6:30P 📍📝 Women's Group 6:30P	<b>11</b> 📍📝 Individual Counseling By Appt
<b>14</b> 📍📝 Newcomer Meetings By Appt	<b>15</b> 📍📝 Strength in Sisterhood 6:00P 📍📝 Open Art Studio 6:00P	<b>16</b> 📍📝 Patient Support 9:00A Group	<b>17</b> 📍📝 Men's Group 6:30P	<b>18</b> 📍📝 Individual Counseling By Appt
<b>21</b> 📍📝 Cooking for Wellness 5:30P 📍📝 Newcomer Meetings By Appt	<b>22</b> 📍📝 Strength in Sisterhood 6:00P 📍📝 Open Art Studio 6:00P 📍📝 FSAC: Making Treatment Decisions 6:00P	<b>23</b> 📍📝 Living with Loss 6:30P 📍📝 Prostate Group 6:30P	<b>24</b> 📍📝 Men's Group 6:30P	<b>25</b> 📍📝 Individual Counseling By Appt
<b>28</b> 📍📝 Newcomer Meetings By Appt	<b>29</b> 📍📝 Strength in Sisterhood 6:00P 📍📝 Open Art Studio 6:00P 📍📝 Fear of Recurrence 5:30P	<b>30</b>		

## NEW TO CANCER SUPPORT COMMUNITY? ATTEND A NEWCOMER MEETING!

How do you get involved in Cancer Support Community programs? Easy! Attend one of our newcomer meetings. You'll learn more about CSC, the programs we offer, how to get involved, and more! Call 317-257-1505 to schedule an individual meeting with one of our fabulous staff members. Available virtually by appointment Monday-Friday. We can't wait to meet you!

📞 = VIRTUAL PROGRAMS OFFERED VIA TELECONFERENCE OR VIDEO CONFERENCE ✂️ = BRIEF INTERVIEW REQUIRED. PLEASE CALL 317.257.1505.

*DUE TO the coronavirus (Covid-19) PANDEMIC CANCER SUPPORT COMMUNITY (CSC) SUPPORT GROUPS, EDUCATIONAL WORKSHOPS, AND WELLNESS CLASSES WILL BE OFFERED VIA VIRTUAL ONLINE CONNECTION ACCESSIBLE FROM ANY SMART PHONE, TABLET, OR COMPUTER UNTIL FURTHER NOTICE. THIS VIRTUAL PLATFORM IS TO ENSURE PATIENTS & CAREGIVERS HAVE UNINTERRUPTED ACCESS TO STAFF, INSTRUCTORS, & GROUP FACILITATORS.*

### SUPPORT PROGRAMS

#### 📞✂️ MEN'S SUPPORT GROUP

Every Thursday • 6:30 pm (VIRTUAL)

#### 📞✂️ PROSTATE SUPPORT GROUP

2<sup>nd</sup> and 4<sup>th</sup> Wednesday • 6:30 pm (VIRTUAL)

#### 📞✂️ WOMEN'S SUPPORT GROUP

2<sup>nd</sup> Thursday of Every Month • 6:30 pm (VIRTUAL)

#### 📞✂️ INDIVIDUAL COUNSELING SESSIONS

AVAILABLE MONDAY-FRIDAY BY APPOINTMENT • (VIRTUAL)

#### 📞✂️ LIVING WITH CANCER SUPPORT GROUP

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of Every Month • 9:00 am (VIRTUAL)

#### 📞✂️ LIVING WITH LOSS SUPPORT GROUP

2<sup>nd</sup> and 4<sup>th</sup> Wednesday of Every Month • 6:30 pm (VIRTUAL)

#### 📞✂️ STRENGTH IN SISTERHOOD SUPPORT GROUP

Every Tuesday • 6:00 pm (VIRTUAL)

### WELLNESS PROGRAMS

#### 📞✂️ COOKING FOR WELLNESS™

Monday, August 17<sup>th</sup> • 5:30 pm (VIRTUAL ATTEND VIA FACEBOOK LIVE).

Join me on Aug for some great new smoothie and ice cream recipes and some creative snacks ideas that are packed with antioxidants and nutrients! Attend via Facebook Live at: <https://www.facebook.com/cancersupportindy/>

Monday, September 21<sup>st</sup> • 5:30 pm (VIRTUAL ATTEND VIA FACEBOOK LIVE).

Quick and easy breakfast ideas that all contain veggies! We still have great produce available let's use it creatively and maybe even be a little sneaky! Attend via Facebook Live at: <https://www.facebook.com/cancersupportindy/>

### EDUCATION PROGRAMS

#### 📞✂️ FSAC: MAKING TREATMENT DECISIONS

Tuesday, September 22<sup>nd</sup> • 6:00 PM (VIRTUAL)

Making treatment decisions can be hard, but learning how to navigate options and resources can help. Join us for Frankly Speaking about Cancer: Making Treatment Decisions educational workshop to learn and discuss various treatment options, the cost of care, and navigating the decision-making process. This workshop will be held virtually. Complimentary copies of a booklet and planner will be provided. Lynn Gooden, BSN, RN with Community Health Network will be leading this informative session. You won't want to miss out! Be sure to RSVP to receive educational materials, updates, and the link to join the program virtually.

#### 📞✂️ FEAR OF RECURRENCE

Tuesday, September 29<sup>th</sup> • 5:30 PM (VIRTUAL)

Join CSC & Leukemia & Lymphoma Society for our annual Fear of Recurrence education session. Shelley Johns, PsyD, HSPP, ABPP, will be leading this session. During this virtual session, participants will learn about the prevalence and impact of cancer-related fears on the lives of survivors. Participants will also have an opportunity to "try out" a few coping skills designed to increase ease during times of challenge. Be sure to RSVP to receive updates, reminders, and the link to join the session!

### SOCIAL PROGRAMS

#### 📞✂️ OPEN ART STUDIO

Every Tuesday • 6:00 pm - 7:00 pm (VIRTUAL)

Open Art Studio is open to all participants. Making art can enhance well-being and improved quality of life. Members of open art will be working together on a collaborative mosaic piece. Please join us to create art in a peaceful, enjoyable, and creative environment.

Contact Shelbi for more information: [shelbi@cancersupportindy.org](mailto:shelbi@cancersupportindy.org)